

THE PENNY FARTHING *Cowbridge*

BREAKFAST

SERVED UNTIL NOON

THE PENNY FARTHING BREAKFAST

Welsh Pork Sausage, Grilled Back Bacon, Button Mushrooms, Hash Brown, Baked Beans, Muffin, Choice of Egg (GFO) 11.95
Add Black Pudding +95p

PLANT-BASED BREAKFAST

Vegan Sausage, Avocado, Button Mushrooms, Grilled Tomatoes, Hash Brown, Baked Beans, Spinach, Sourdough Toast (VG) 11.95

CHILDREN'S BREAKFAST 12 AND UNDER

Bacon, Sausage, Fried or Scrambled Egg, Baked Beans & Toast (GFO)

BREAKFAST BRIOCHE BUN

Choice of Grilled Back Bacon, Welsh Pork, Plant-Based or Glamorgan Sausage, Fried Egg, Hash Brown, Black Pudding

1 / 2 / 3 filling 5.50 / 6.95 / 7.95

ALL-DAY BRUNCH

AVOCADO & HALLOUMI WRAP

Avocado, Gem Lettuce, Grilled Halloumi, Tomato & Sweet Chilli (V) 9.95

EGGS BENEDICT

Poached Local Eggs, Toasted English Muffin, Hand Cut Ham & Hollandaise (GFO) 11.95

EGGS FLORENTINE

Poached Local Eggs, Toasted English Muffin, Spinach & Hollandaise (V) (GFO) 10.95

EGGS ROYALE

Poached Local Eggs, Toasted English Muffin, Scottish Smoked Salmon & Hollandaise 12.95

TOAST, TEACAKE OR MUFFIN

Served with Butter, Jam, Honey or Marmalade. Choice of Granary, Sourdough or Gluten Free Toast (V) 3.50

AMERICAN STYLE PANCAKE

Fresh Fruit, Maple Syrup & Crème Fraiche (V) 9.95
Add Smoked Streaky bacon +2.50

TOASTED BANANA BREAD

Topped with Peanut Butter, Crème Fraiche, Fresh Fruit & Flaked Almonds (V) 10.95

PORRIDGE

British Jumbo Oats & Fresh Milk, Berry Compote, Honey, Sesame Seed & Almond 6.95 (V)(VGO)

SMASHED AVOCADO ON SOURDOUGH

Mint & Lemon Dressing, Dried Chilli Flakes & Cracked Black Pepper 9.95 (GFO)(VG)

ADD:

Poached Organic Free Range Farm Eggs +2
Streaky Smoked Bacon +2.50
Scottish Smoked Salmon +3

SANDWICHES

With Salad Garnish, House Slaw & Choice of Bread – White, Granary or Gluten Free (GFO) £7.95

ORGANIC FREE RANGE EGG MAYONNAISE (V)

Add Crispy Bacon +95p

CHEDDAR & ONION CHUTNEY (V)

BRIE & CRANBERRY (V) Add Crispy Bacon +95p

CURED HAM & CHEDDAR

TUNA MAYONNAISE & RED ONION

CORONATION CHICKEN

SMOKED SALMON & CREAM CHEESE +95p

PRAWN & MARIE ROSE SAUCE +95p

BAKED POTATO

With Salad Garnish & House Slaw (GFO) 8.95

ORGANIC FREE RANGE EGG MAYONNAISE (V)

Add Crispy Bacon +95p

MATURE CHEDDAR & BAKED BEANS (V)

CREAMY GARLIC MUSHROOM (V)

TUNA MAYONNAISE & RED ONION

CORONATION CHICKEN

BRIE & CRANBERRY (V) Add Crispy Bacon +95p

SMOKED SALMON & CREAM CHEESE +95P

PRAWN & MARIE ROSE SAUCE +95P

SIDES

SWEET POTATO FRIES 4

CHIPS 4

NEW POTATOES 4

BOWL OF HOUSE SLAW 3

GARLIC CIABATTA 4.50

CHEESY GARLIC CIABATTA 5

LIGHT BITES

TODAY'S SOUP

Toasted Sourdough Bread (V)(GFO) 7.50

LEEK & CAERPHILLY CHEESE

GLAMORGAN SAUSAGES

Mixed Leaves, Plum & Apple Chutney (V) 8.50

BREADED & DEEP-FRIED BRIE

Mixed Leaves & Cranberry sauce (V) 8.95

HOMEMADE MINI FISHCAKES

Mixed leaves & Sweet Chilli Sauce 9.95

BLOODY MARY PRAWN COCKTAIL

Toasted Sourdough 8.50

CREAMY GARLIC BUTTON MUSHROOMS

Toasted Sourdough (V)(VGO) 8.50

ABBI'S QUICHE OF THE DAY

Salad Garnish & House Slaw 9.95

AFTERNOON TEA

INDULGE IN A QUINTESSENTIAL
AFTERNOON TEA COMPRISING;

A Selection of Sandwiches
Homemade Scone, Clotted Cream & Jam,
A Selection of Abbi's Homemade Cakes,
A Pot of Tea or Cafetière of Coffee

Served

Monday to Thursday from 2pm

Friday & Saturday from 3pm

£24 per person

(Reservations only)

MAINS

FISH & CHIPS

Glamorgan Pale Ale Battered Fish, Chunky Chips, Mushy Peas & Tartare Sauce 16.95

TOMATO & BASIL PENNE PASTA

Black Olives, Shaved Parmesan, Garlic Ciabatta (V)(VGO) 13.95

HAND CARVED HAM

Fried Free Range Eggs, Piccalilli & Chips 13.95

CHICKEN & LEEK PIE

Tender Chicken in our Creamy Leek Sauce, Puff Pastry Lid, Choice of Potato 15.95

FISH PIE

Chunks of Salmon, Cod & Smoked Haddock, Topped with Cheesy Mash, Peas & Salad Garnish 17.95

WELSH BEEF PIE

Diced Welsh Beef in a Rich Welsh Beer Gravy, Puff Pastry Lid, Choice of Potato 16.95

ROASTED BUTTERNUT SQUASH TAGINE

Moroccan Couscous, Black Olive, Chickpeas & Yoghurt Drizzle (VG)(VGO) 14.95

THE PENNY FARTHING BURGER

100% Welsh Steak Mince, Crispy Bacon, Cheddar & Tomato Relish. Choice of Potato 15.95

SOUTHERN FRIED CHICKEN

Choice of a Burger Bun or Wrap, with Gem Lettuce, Tomato & Garlic Mayo. Choice of Potato 14.95

GRILLED HALLOUMI

Choice of a Burger Bun or Wrap, Gem Lettuce, Tomato, Tzatziki & Sweet Chilli, Choice of Potato (V) 14.95

WARM SHREDDED DUCK WRAP

Cucumber, Spring Onion & Hoisin Sauce, Choice of Potato 15.95

(V) Vegetarian, (VO) Vegetarian Option, (VG) Vegan, (VGO) Vegan Option (GF) Gluten Free (GFO) Gluten Free Option

Always inform a member of the team of any allergies before placing your order as not all ingredients can be listed. Detailed allergen information is available on request. Our fish dishes may contain small bones, please take care. We cannot guarantee the total absence of allergens in our dishes.

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CHILDREN'S MENU

Available for children 12 and under

TOMATO PENNE WITH CHEDDAR	6.95
CHEDDAR & HAM PENNE	6.95
COD FISH FINGERS, CHIPS, BEANS OR PEAS	6.95
CHICKEN NUGGETS, CHIPS, BEANS OR PEAS	6.95
SAUSAGE, CHIPS, BEANS OR PEAS	6.95
BABY HOT CHOCOLATE	1.95
WARM FROTHY MILK	1.50

All of the above are served with a complimentary glass of squash or milk.

If your child is a big eater, larger sizes are available for a supplement of 1.50

Any special requests for your child's meal please don't hesitate to ask a member of staff.

GOURMET NIGHTS & SPECIAL EVENTS

Every now and then we like to do a special event to showcase the talents of our chefs and push the boat out a little!

Using as much local produce as possible, our chefs design unique menus and get really creative with delicious and exciting outcomes.

These events are extremely popular and great fun for us and our customers! Please follow us on social media or look out for our notices in the restaurant to find out about upcoming events!

WINE

	175ML	250ML	BTL
PINOT GRIGIO CAPRIANO Sicily, Italy	6.95	9.50	28
LOS PICOS SAUVIGNON BLANC Central Valley, Chile	6.50	8.50	25
LOC PICOS MERLOT, Central Valley, Chile	6.50	8.50	25
OUDE KAAP SHIRAZ Western Cape, South Africa	6.95	9.50	28
PINOT GRIGIO ROASATO Veneto, Italy	6.95	9.50	28
PROSECCO BORGIO ALATO Veneto, Italy	7 (125ml)		32

HOT DRINKS

FRESH CAFETIERE OF COFFEE

Served with a choice of hot, cold, semi-skimmed, or cream
3.50 for one, 6.50 for two

	REGULAR / LARGE
ESPRESSO	2.90 / 3.20
MACCHIATO	2.90 / 3.20
AMERICANO	3.30 / 3.95
CAPPUCCINO	3.70 / 4.15
FLAT WHITE	3.90 / 4.15
LATTE	3.70
BAILEYS LATTE	6.95
MOCHA	4.50
HOT CHOCOLATE	3.95
DELUXE HOT CHOCOLATE	4.50
ADD SHOT OF SYRUP	0.95
LIQUEUR COFFEE	6.95
ENGLISH BREAKFAST TEA	3.20
THE EARL OF GREY	3.30
SWEET CAMOMILE	3.30
PEPPERMINT	3.30
GREEN TEA	3.30
LEMON & GINGER	3.30
MIXED BERRY	3.30
MINTED FRUIT	3.30
DE-CAFFEINATED	3.20

SOFT DRINKS

ICED CARDIFF COFFEE LATTE Choice of syrup – Caramel, Hazelnut, Vanilla	3.50 +95p
FROBISHER'S FRUIT JUICE Orange, Apple, Pineapple, Cranberry or Tomato	3.50
COKE & DIET COKE 330ml	3.75
SPARKLING OR STILL MINERAL WATER 330ml / 750ml	2.50 / 3.95
CORDIAL Lime, Orange or Blackcurrant	95p / 1.75
BELVOIR - Elderflower, Raspberry Lemonade or Organic Ginger Beer	3.50
FEVER TREE TONICS Premium, Light or Elderflower	2.95
SCHWEPES LEMONADE	3.50
SCHWEPES SODA WATER	2.95
APPLETISER	3.75

BOTTLES

PERONI NASTRO AZZURRO 330ML 5.1%	4.95
PERONI NASTRO AZZURRO 0.0% 330ML	3.50
SHARP'S DOOM BAR 500ML 4.3%	5.50
SHARP'S ATLANTIC PALE ALE 500ML 4.3%	5.50
WELSH ORCHARD GOLD APPLE 500ML 4.9%	5.95
GWYNT Y DDRAIG BERRY CIDER 500ML 4.0%	5.95

DRAUGHT LAGER

ANGELO PORETTI 4.8%	
2/3 PINT	4.20
PINT	6.25

COCKTAILS

KIR ROYALE Prosecco & Crème De Cassis	8.95
BLOODY MARY Brecon Vodka, Spiced Tomato Juice, Black Pepper, Worcestershire Sauce & Tabasco	6.95
APEROL SPRITZ Aperol, Prosecco, Soda	7.95